

## **Healthy Kansas Minute Radio Interview – Arthritis Awareness**

I'm Cindy Winters, the Arthritis Program Manager with the Kansas Department of Health and Environment and this is the Healthy Kansas Minute.

If you have arthritis, 30 minutes of moderate physical activity, three or more days a week, can improve your flexibility, reduce pain and help you get a better night's sleep.

If half an hour at once is too much, even five to 10 minutes at a time for a total of 30 minutes a day pumps nutrients to the cartilage around your joints, helping control inflammation.

To learn more, visit [www.kdheks.gov/arthritis](http://www.kdheks.gov/arthritis). This has been the Healthy Kansas Minute!